

# Constructing the Superstructure of Precious Human Life - Introduction

Volume - 19

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

Mohan Lal Agrawal

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Author : Mohan Lal Agrawal  
 Publisher : Mohan Lal Agrawal  
 At.-Kansari Para  
 P.O/Dist.- Bolangir  
 (Odisha), PIN - 767001  
 Email: studenteducation08@gmail.com

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 P.O/Dist:- Bolangir, (Odisha)  
 PIN - 767 001

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

MOHAN LAL AGRAWAL, AT: - KANSARI PARA,  
 P.O/DIST: - BOLANGIR (ODISHA), PIN - 767 001.

## PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect  
towards the right path.

असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,  
Lead us from darkness unto Light,  
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the  
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाज्जनशलाक्या ।  
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the  
Collyrium-stick of Knowledge, the eyes of him who  
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।  
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥  
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher  
and the taught). May He cause us both to enjoy the bliss of  
Mukti (liberation). May we both exert to find out the true  
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।  
सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May auspiciousness be unto all,  
May peace be unto all,  
May fullness be unto all,  
May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चिददुःखभागभवेत् ॥

May all be happy,  
May all be free from disabilities,  
May all behold what is auspiciousness,  
May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.  
From That (Brahman) Full, this (Universe) Full has come.  
When this (Universe) full is taken from That (Brahman) full,  
It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !  
Peace be to the North ! Peace be to the South !  
Peace be above ! Peace be below !  
Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

# **Life Building Science**

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# **Life Building and Successful Living – Ways and Means – V**

## **Building the Precious Human Life – Superstructure**

### **(Constructing the Superstructure of Precious Human Life – Introduction)**

(We have discussed in the previous write-up on "Life Building and Successful Living — Ways and Means — I — Introduction — Precious Human Life and Its Proper Building" that, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages say, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, human life upon this earth plane is precious; that human beings need to make endeavours to attain liberation of their individual souls from the cycle of births and deaths or *Moksha* in their present human birth itself; that they need to live both "Spiritual Life" and "Secular Life"; and that they need to achieve some great goals in their life, so that they can live their precious human life upon this earth plane ideally and successfully, i.e. completely, purposefully, prosperously, happily and peacefully.

We have also discussed in the previous write-up up "Life Building and Successful Living — Ways and Means — II — Introduction — Great Goals of Precious Human Life and Their Achievement" that human beings need to achieve all these four great goals of human life so that they can live their precious human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully; and thereby, they can derive lasting happiness and eternal peace, with permanent cessation of sorrows and sufferings of human life. We have further discussed that the precious human life, to be lived so ideally and successfully during the whole life span, greatly needs to be built up rightly and that too, at the right time of life.

We have further discussed in the previous write-up on "Life Building and Successful Living — Ways and Means — III — Introduction — Golden Student Life and Youth Period — The Right Period for Building of Human Life" that human beings need to build their precious life rightly and that too, at the right time of their life, i.e. during their golden student life and youth period.

We have further discussed in the above write-up that students need to build, during their golden student life and youth period, their precious human life rightly, i.e. by laying the foundation of their precious human life properly and strongly and by constructing the superstructure of their precious human life completely, properly, strongly and nicely so that they can live their future precious human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

We have further discussed in the earlier write-up "Life Building and Successful Living — Ways and Means — IV — Building the Precious Human Life — Laying the Foundation of Precious Human Life — Introduction" how human beings need to build their precious human life rightly by, firstly, laying the foundation of their precious human life during their golden student life and youth period properly and strongly so that they can live the rest, long period, say, ideally, 75 years, of their precious human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

In this write-up we will discuss how human beings need to build their precious human life rightly by, secondly, constructing the superstructure of their precious human life completely, properly, strongly and nicely during their golden student life and youth period.)

Now we will discuss how human beings need to build their precious human life rightly by, secondly, constructing the superstructure of their precious human life completely, properly, strongly and nicely so that they can live the rest, long period, say, ideally, 75 years, of their precious human life upon this earth

plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully, in Lessons Nos. 9, 10, 11 and 12 and and 13 to 21.

## Introduction

How human beings need to build their precious human life rightly by, secondly, constructing the superstructure of their precious human life completely, properly, strongly and nicely? For a clear and better understanding of this point, let us discuss this topic with the simple analogy of a house-building.

**Four facilities** are necessary in the superstructure of a house-building so that it will be a complete, proper, strong and nice superstructure and one can live therein smoothly, comfortably, happily and peacefully. The **first facility** is bath room where we can take bath for purifying and refreshing our physical body. The **second facility** is kitchen where we can prepare food and eat the same for satisfaction of the appetite of our physical body. The **third facility** is bed room where we can sleep and take rest and re-energise our physical body and mind. The **fourth facility** is *puja* room or prayer room where we can worship God and offer our prayers to Him in order to get relieved of our day-to-day tension, stress, cares, worries and anxieties in life and derive peace of mind.

These four facilities are **necessary** in a house-building. Without all these four facilities, living in the house will not be smooth, comfortable, happy and peaceful. Because, with normal facilities like bath room, kitchen and bed room, we may live in the house with worldly happiness, sensual pleasures, comforts and luxuries, but without *puja* room or prayer room, we can not get peace of mind and, instead, we have to live our life with tension and stress, worries and anxieties and sorrows and miseries. Because *puja* room or prayer room is a place where, after the day's hard and stressful work, we can worship and offer our prayers to God; convey our day's tension, stress, cares,

worries and anxieties of the worldly life to Him and pray to Him for His grace and help; and thus, we get mentally relieved of our sorrows, etc. and derive peace of mind.

Similarly, there are **four grand goals** of ideal human life which are necessary to be achieved, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; so that we can live our precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully. Those four grand goals are *Dharma* or Righteousness or Ethical Value, *Artha* or Material Prosperity or Economic Value, *Kama* or Vital Worldly Desires or Vital Value and *Moksha* or Liberation of Soul or Spiritual Value. Achievement of all these four grand goals constitutes the superstructure of human life.

Now let us discuss each grand goal of human life in the next lessons.

### Questions

1. What facilities are necessary in the superstructure of a house-building and what are their uses ? (Marks - 5)
2. Why are four facilities necessary in the superstructure of a house-building ? (Marks - 5)
3. What are the four grand goals of ideal human life according to our ancient Indian Culture or Bharatiya Sanskruti ?  
(Marks - 5)
4. Why are the four grand goals of ideal human life necessary to be achieved in human life ? (Marks - 5)

## Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

## **List of Complete Publications and Videos of the Author**

### **A. Publications**

#### **Students related publications**

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

#### **Teachers related publications**

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

#### **Other publications**

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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  - Type <Mohan Lal Agrawal> in the field "Creator"
  - Click <Search>. The above books will be displayed.

### **B. Videos**

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-[https://www.youtube.com/channel/UC\\_engDsJG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA)); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).